

Point Break

MacMasters Beach SLSC

February
2023



Click on images and links throughout Point Break for extra information, weblinks and more!



President's Report with Alison McNeill

LIFE SAVING ACTION

January was a very busy month for our volunteer life savers! We had one weekend with mass rescues on both afternoons even though the members of the public were swimming within the flags.

A quick change in the water conditions with large wave sets washing the swimmers into the rip, that meant our life savers were called into action and thankfully all were rescued.

Thank you to all the patrolling members, with a special mention to Hannah and Louise, Patrol 4 and Patrol 3.

We are also lucky that we have local surfers willing to jump into action at anytime - thank you!

TRAINING AND EDUCATION

Training of the patrol members is a very important part of their duties as life savers, and we are lucky that our club has an amazing Education Team led by Lyn Drummond. Branch acknowledged our team and congratulated them on achieving the most re-qualifications completed at a club level on the Central Coast.

If you are interested in learning life saving skills, come along and get involved - join the Macs team!

EVERYONE WELCOME!

If you are new to the area, come along to the club and make yourself known. We have many different activities to join in with, or even just have a drink at the bar on a Friday or Sunday evening and meet some of the locals.

MACS BEACH SLSC ANNUAL FUNDRAISER \$\$

Over the month of January we have been promoting the core business and activities of our wonderful club from training our wonderful volunteer surf life savers and providing weekend and holidays patrols on our beautiful beach through to our training and competition avenues for our Nippers, Masters and boat crews members and educating the broader community in beach safety and first aid. In addition to this we also open our doors to members, residents, holiday makers and the broader community providing a space to catch up and connect.

So while the Annual 'Doorknock' fundraiser draws to a close and we are only half way to reaching our target goal of \$10,000, I ask you this question: [how do you contribute to Macs Beach SLSC?](#)



Annual Fundraiser online - donate now!

Check out our first aid training courses @ Macs

President's Report continued

NSW PARLIAMENT

- COMMUNITY RECOGNITION STATEMENT

Our Member for Terrigal and Parliamentary Secretary for the Central Coast, Adam Crouch MP presented a [Community Recognition Statement](#) to the NSW Parliament in appreciation of the contribution of MacMasters Beach SLSC and, in particular Craig White, to the **Gotch4Life 24 Hour Row for Mental Fitness**.

As you can see from Adam's statement to Parliament, **MacMasters Beach members teamed up to row for a solid 24 hours straight and raised \$14,501**, the highest contribution of all participating surf life saving clubs from across Australia, New Zealand and South Africa.

Craig White was the highest contributing individual with a whopping \$6,778 raised.

[Check out the October 2022 edition of Macs' Point Break](#) for all the details.

Congratulations to everyone who rowed, donated and contributed to this outstanding achievement!

For more information on the **Gotch4Life** initiative head to gotcha4life.org



BREAK AND ENTER

I am sorry to say that we had a break and enter of the clubhouse on the 3rd January. We have CCTV cameras all around the clubhouse, so we have video footage of the man which we have passed on to the police to investigate. We also had fingerprints taken so hopefully the thief will be apprehended soon. The cash drawer from the bar till was stolen but we don't use cash, or keep any cash on the premises, so he got nothing!

→ If you need to contact me, the easiest way is to send an email to president@macmastersbeachslsc.com

Take care on the beach and swim between the flags! Alison McNeill - President

Across the Bar with Diana Brown, Bar Manager

OPENING HOURS

Our normal trading hours are Fridays from 5pm and Sundays from 4pm. *Catch you at the bar - best views on the Central Coast!*

WANTING TO VOLUNTEER?

We are always looking for new volunteers to help out in the bar. The commitment is only one shift every 4 to 5 weeks. If you are interested please contact barmanager@macmastersbeachslsc.com or chat to Diana Brown or Kylie Dickinson.



MACS BAR OPEN!

MacMasters Beach SLSC

*Fridays from 5pm
and Sundays from 4pm*



Mac's Prawn and Oyster Function

The infamous Prawn and Oyster Function at Macs never disappoints with **the freshest seafood**, thanks to Sue Offner and her team at Seacoast Fishing, **amazing prizes and raffles** donated by our local community and the wonderful Dixon family for their generous donation of the major raffle prize, **fantastic atmosphere** created by our members and visitors from the Macs community and of course the **behind the scenes organisation and planning** by our volunteers.

We feasted on delicious fresh prawns courtesy of our favourite local seafood supplier, [Seacoast Fishing](#). **Millward Oysters at Mooney Mooney** provided a great deal on the oysters - shucked and ready for action.

Check out the triumph on Dave's face as he was crowned the *Mac's 2023 International Prawn Peeling Champion!*

Paul walked away a very happy man, winning the major prize raffle donated by Andrew and Julia Dixon. A luxury holiday at [Cempedak Island Resort - check it out here!](#) Thank you Andrew and Julia and congratulations to you Paul!

The results are in and this year **the Prawn and Oyster Function raised at least \$4,000** to support lifesaving activities at MacMasters Beach. This is huge achievement by all our sponsors, supporters and everyone involved! A big thank you to all who contributed their time, especially *Jono* for his dedication and organisation.

It has been a vintage beach season at Macs so far, and with the crowds and surf have come a lot of rescues. As many of you know we recently had one very busy weekend with one mass rescue and continuous individual rescues.

The club is a fun place to be for a range of activities, and the focal point of our community, but saving lives is our core business and events like this, and our Annual Doorknock Fundraiser, help provide the funds to keep MacMasters Beach SLSC active and able to continue training, educating and saving lives on our beach.



Competition Corner *with Nadine Norman, Director of Competition*

It's been a big few months for **Team Macs** in the competitive ranks!

SURF SLAM | 10 December 2022 @ Avoca Beach SLSC

A huge shout out to **Isabel Hood** for taking part in the inaugural Surf Slam held at Avoca Beach in December. Solely surf events, the format was well received and Isabel represented Macs proudly competing in the U15 Surf Race, Board and Ironperson. Great to see such a strong division in the U15 female!

IRONPERSON IN THE MAKING!

Henry Skinner took part in the Newcastle Permanent Ironperson Series (three events) and the Dolphin Junior Ironperson Carnival in early January. There have been some testing conditions but Henry put in an incredible effort over the series of events.

SAND STORMERS | December 2022 @ Terrigal SLSC

Gabi Ajala competed in the Sand Stormers event at Terrigal in December. In a flip of the above water event, the sand stormers is dedicated to sand events only. This was the last event in the series and great to have Gabi involved.

↑ With the above three members of Team Macs, I want to say thank you personally, because it can be tough being the solo competitor from a club at any event. *You have each competed in such good spirits and we are proud to have you representing our club.*

JUNIOR NIPPERS CARNIVAL | 14 January 2023 @ Terrigal SLSC

The first Nipper carnival for 2023 was held at Terrigal mid January and we had our biggest group of competitors take part for the year. It was a bit of a 4 seasons in one day and a big delay due to a shark sighting, but that didn't stop Team Macs.

We had some incredible performances, kicking off with our **All Age Board Relay** team. This is the first time we have achieved the All Age Board Relay this year and a great effort by everyone for working together in a tricky edge and strong wind.

There were some incredible results on the **beach sprints** with **Mason, Caroline** and **Amber** all making the final and a **silver medal for Amber**, with **Caroline** doubling up for a **bronze in flags**.

The **Under 8s** just keep working together as such a strong unit and came out with **18 ribbons!**

Thanks to **Wayne Evans** and the **Copa team** who coordinated relay teams to create combined Macs/Copa teams where needed.

Belinda Cohen is back coaching the **R&R** and we had a **3rd place with Amber and Isabel** in the 2 person event.

To the **Age Managers, Water Safety and Officials** for the day - we couldn't compete without you all and incredibly grateful for the support you show our club and Nippers.

Thanks to all our **nippers and parents** for being encouraging and enthusiastic!

To each competitor, you were brilliant! Across the sand and water it was great to see the blue and yellow caps!!



#teammacs | #teammacs

Competition Corner continued

UPCOMING CARNIVALS

We have some great events coming up to take us into the back end of the year:

MacMasters Beach Club Champs - 5th February @ Macs

Central Coast Junior U8s-U14s Branch Carnival -

11/12 February 2023 @ Avoca SLSC

NSW State Championships (a range of ages and events) -

18 Feb through to 5 March 2023 @ Northern Beaches

**see our calendar for more details and links*

BOAT CREWS

Our Boat Section has been putting in some incredible performances, with a massive congratulations to the Under 19 Womens *Minis* and Reserve Men *The Fat Dads* taking out **GOLD** at the National Short Course Titles, both crews absolutely blitzed it!!

This event is in its breakaway year from Aussies, with our Under 23 Men *The Whippets* joining the above crews at the event on the Northern Beaches. In a decent surf each crew performed brilliantly. [Watch it here!](#)

The crews have also been competing in the SNB carnivals and *the Minis* attended the Manly carnival in mid-January taking the win!

We are heading into the pointy end of the season with Branch, ASRL and the final local series coming up, plus Aussies in Perth for our U19 Women.

OPENS AND MASTERS

Great to see Trent and Adam signed up for Branch and State across both Masters and Opens, best of luck to you guys heading into the events and to Gabi also for Opens at both Branch and State. More to come as we have news from each event!

Last but not least, our Masters – there hasn't been many events for the Macs Masters this year, but they are coming out in force for Branch, so watch this space next month for an update...



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Sponsored by Baraka Belle Property Central Coast

Winner will be drawn Monday the 3rd of April at 3pm

In the Macs IRB with: Joel Denney

Each month we catch up with different Macs SLSC identities to find out why they are involved in our great Club and what makes them tick. This month we chat to Joel Denney, our Rookie Coordinator and member of Patrol 12.

How long have you been a member at Macs SLSC?

JD: Since 2019.

What first attracted you to Macs Beach SLSC?

JD: When we arrived at Macs we quickly worked out that the club was at its centre. We also wanted our kids to be safe in the surf!

What volunteer role/s have you been involved in at Macs?

JD: Like most members, it has been a steep learning curve! Water safety, then patrol (#12), and now Age Manager for U13/14s Nippers and Rookie Co-ordinator.

Strangest place you have swum?

JD: Snorkelling at Sharm El-Sheikh in the Red Sea ... and Cockrone Lagoon after heavy rain a close second!

Favourite footy team?

JD: Liverpool FC

Favourite SLSC competition event?

JD: Anything combining swimming and running.

Preferred beverage from the Macs Beach Bar?

JD: Whatever is on tap on a Sunday afternoon post patrol.

Favourite menu item on the Macs Beach Cafe menu?

JD: The fries because it means the kids stop bugging me for a little while.

What do you enjoy most about Macs?

JD: Joining a great community, making new friends and seeing our kids get involved with the Club.



Now you know a little bit more about Joel - have a chat next time you see him around!



**If we can't see you
we can't save you**

**ALWAYS swim between
the red & yellow flags**

slscc.com.au

Education and Training with Lyn Drummond, Director of Education

WHAT A BUSY SUMMER!

Congratulations to all active patrolling members. The skills and knowledge gained through your training have certainly paid off and we have been reminded about the importance of practising tube & board rescues, radio skills, use of oxygen, first aid and rescue scenarios.

TRAINING OPPORTUNITIES:

Provide First Aid - Saturday 4th February @ Macs SLSC

Mental Health First Aid - various dates throughout March | face to face or ZOOM)

Training Officer: starts 20 Feb for 4 weeks (online) - expressions of interest close 5th February

Rescue Water Craft (RWC) Operator Open Day - Saturday 4th February, 8.30am-11.30am

WE NEED MORE IRB DRIVERS

The pre-requisites are Bronze Medallion and IRB crew. Please see Jim Myers or Jono if you are interested.

INTERESTED?

If you are interested in any of these training opportunities - please send an email Lyn at education@macmastersbeachslsc.com



BECOME A MENTAL HEALTH FIRST AIDER
to support friends, family members, colleagues and others

About 1 in 5 Australian adults experience a common mental illness each year. Mental Health First Aid (MHFA) training will teach you practical skills to support someone with a mental health problem. Make a real difference to people in your community.

STANDARD MHFA TRAINING BENEFITS

KNOWLEDGE	CONFIDENCE	DE-STIGMATISING	SUPPORT
Improves knowledge of mental illnesses, treatments and first aid actions.	Increases confidence in providing first aid.	Decreases stigmatising attitudes.	Increases the support provided to others.



Macs and Copa catch up for a combined Nippers session! #neighbourhoodfun



Events & Competitions:

FEBRUARY 2023:

- 4 Macs Patrols AM: Patrol 9 | PM: Patrol 10
- 4 CC/Hunter Boats R5 @ Caves Beach
- 4 SLSCC Newcastle Perm 10+ Iron Series R3 @ Lakes
- 5 Macs Patrols AM: Patrol 11 | PM: Patrol 2
- 5 **Nippers Club Champs** 9:30am @ Macs
- 5 **Sunday Sessions: Live Music** 4:50-7:00pm @ Macs
- 11 Macs Patrols AM: Patrol 1 | PM: Patrol 3
- 11-12 SLSCC Branch U8-15 Carnival @ Avoca
- 12 Macs Patrols AM: Patrol 4 | PM: Patrol 12
- 12 **Nippers** 9:30am @ Macs
- 18 Macs Patrols AM: Patrol 6 | PM: Patrol 5
- 18 SLSCC Nutty Masters Twilight @ Wamberal
- 18-19 SLSNSW Champs: Lifesaving @ Nth Beaches
- 19 Macs Patrols AM: Patrol 8 | PM: Patrol 7
- 19 **Nippers** 9:30am @ Macs
- 19 CC/Hunter Boats R6 @ Swansea/Belmont
- 23-24 SLSNSW Champs: Age U8-U12 @ Nth Beaches
- 25 Macs Patrols AM: Patrol 10 | PM: Patrol 9
- 25-26 SLSNSW Champs: Age U13-U14 @ Nth Beaches
- 26 Macs Patrols AM: Patrol 2 | PM: Patrol 11

26 **Nippers** 9:30am @ Macs

MARCH 2023:

- 1-2 SLSNSW Champs: Masters @ Nth Beaches
- 3-5 SLSNSW Champs: U15-Opens @ Nth Beaches
- 3-5 SLSNSW Champs: Boats @ Nth Beaches
- 4 Macs Patrols AM: Patrol 12 | PM: Patrol 1
- 5 Macs Patrols AM: Patrol 3 | PM: Patrol 4
- 5 **Nippers - last for season** 9:30am @ Macs
- 5 **Nippers U6 + U7 Presentation** @ Macs
- 5 **Sunday Sessions: Live Music** 4:50-7:00pm @ Macs
- 11 Macs Patrols AM: Patrol 6 | PM: Patrol 5
- 12 Macs Patrols AM: Patrol 7 | PM: Patrol 9
- 18 Macs Patrols AM: Patrol 10 | PM: Patrol 8
- 19 Macs Patrols AM: Patrol 2 | PM: Patrol 11
- 25 Macs Patrols AM: Patrol 12 | PM: Patrol 7
- 25-2 SLSA 'Aussies' @ WA - Scarborough and Trigg Is
- 26 Macs Patrols AM: Patrol 6 | PM: Patrol 4
- 26 **Nippers Presentation** 2pm @ Macs

APRIL 2023:

- 1 Macs Patrols AM: Patrol 3 | PM: Patrol 10
- 2 Macs Patrols AM: Patrol 5 | PM: Patrol 8
- 7 **Good Friday public holiday**



MacMasters Beach
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